

laghunyāsaṃ

ōṃ ।

athāthmānaṃ śivāthmānaṃ, śri-rudra-rūpaṃ dhyāyēth ।
śuddha-spatika śaṅkāsaṃ, tri-nētraṃ pañcha-vaktra-kaṃ ।
gaṅgā-dharaṃ dhaśa-bhujāṃ, sarvā-bharana-bhūśitaṃ ॥
nīla-grīvaṃ śasāṇ-kāṇ-kaṃ, nāga yag~yōpa-vīti-naṃ ।
vyāgra-charmōth-tha-rīyaṃ ca, varēṇ-yaṃ-abhaya-pradaṃ
kamaṇḍal-vakśa-sūtrā-nāṃ, dhāri-naṃ śūla-pāni-naṃ ।
jwalaṇ-taṃ piṅgala jatā, śikā-mudhyōta dhāriṇaṃ ॥
vṛuśa skanda samā-rūdaṃ, umā dēhār-dha dhāriṇaṃ ।
amṛu-tēnā-plutaṃ śāntaṃ, divya-bhōga samaṇ-vitaṃ ॥
dig-dēvatā samā-yuktaṃ, surā-sura namas-krutaṃ ।
nityaṃ ca śās-vataṃ śudh-daṃ,

druvaṃ-akśara-ṃavya-yaṃ ॥

sarva vyāpina-ṃiśā-naṃ, ruḍraṃ vai viśva rūpiṇaṃ ।
ēvaṃ dyā-tvā dvi-jas saṃ-yak, tatō ya-jana-ṃāra-bēṭ ॥

athā-tō rudra-snā-nār-chanā-bhiśēka-vidhiṃ

vya^khyā-syāmaḥ ।

ādita ēva tēr-tē snā-tvā । udē-tya śuchiḥ ।
prayatō brahmachāri śukla-vāsā dēvā-bhi-mukhaḥ stitvā ।
āt-mani dēvatāḥ stā-payēṭ ॥

praja-nanē brahmā tiś-tatu । pāda-yōṛ viśnus tiś-tatu ।
hasta-yōṛ haras tiś-tatu । bāh-vōṛ iṇdras tiś-tatu ।
jatarē agnis tiś-tatu । hṛudayē śivas tiś-tatu ।
kaṇṭē vasa-vas tiś-taṇ-tu । vak-trē saras-vatī tiś-tatu ।
nāsika-yōṛ vāyus tiś-tatu ।

nayana-yōs chandrā-dit-yow tiś-tě-tāmḥ
kaṛṇa-yōṛ aświ-now tiś-tě-tām ḥ la-lātě rudrās tiś-taṇ-tu ḥ
mūrdh-niyā-dityās tiś-taṇ-tu ḥ
śira-si mahā dēvas tiś-tatu ḥ
śikhā-yāṃ vāma-dēvas tiś-tatu ḥ prustě pinākī tiś-tatu ḥ
pura-taḥ sūlī tiś-tatu ḥ
pārśwa-yōḥ śivā-śaṅka-row tiś-tě-tām ḥ
sar-vatō vāyus tiś-tatu ḥ
tatō bahis-sarvatō-(a)gnīḥ jwalā-mālā pari-vrutas tiś-tatuḥ
sarvēś-vaṇ-gěsu sarvā dēvatā yathā-stā-naṃ tiś-taṇ-tu ḥ
mām rak-śaṇ-tu ḥ
(optional) yajamānaṃ saha kuṭumbaṃ rakśantu,
sarvēśāṃ bhakta mahā janānāṃ saha kuṭumbānāṃ
rakśantu ḥḥ

ag-nīḥ-mě' vāchi śritāḥ ḥ vāg-hṛudha'yě ḥ
hṛuda'yāṃ mayě' ḥ ahaṃ amṛutě^ ḥ amṛutaṃ bhahma'ni ḥ
vāyur-mě^ prānē śritāḥ ḥ prānō hṛudha'yě ḥ
hṛuda'yāṃ mayě' ḥ ahaṃ amṛutě^ ḥ amṛutaṃ bhahma'ni ḥ
sūryō' mē cak-sū'si śritāḥ ḥ cak-sūr hṛuda'yě ḥ
hṛuda'yāṃ mayě' ḥ ahaṃ-amṛutě^ ḥ amṛutaṃ bhrahma'ni ḥ
candra-mā' mē mana'si śritāḥḥ manō hṛuda'yě ḥ
hṛuda'yāṃ mayě' ḥ ahaṃ amṛutě^ ḥ amṛutaṃ bhrahma'ni ḥ
diśō' mē śrōtrě^ śritāḥ ḥ śrōtra-guṃ hṛuda'yě ḥ
hṛuda'yāṃ mayě' ḥ ahaṃ amṛutě^ ḥ amṛutaṃ bhrahma'ni ḥ
āpō' mē rēta'-si śritāḥ ḥ rētō hṛuda'yě ḥ
hṛuda'yāṃ mayě' ḥ ahaṃ amṛutě^ ḥ amṛutaṃ bhrahma'ni ḥ
prithivī mē śarē'rē śritā ḥ śarē'-ra-guṃ hṛuda'yě ḥ
hṛuda'yāṃ mayě'ḥ ahaṃ amṛutě^ ḥ amṛutaṃ bhrahma'ni ḥ
ōśa-dhi-vanas-patayō' mē lōma'-su śritāḥ ḥ lōmā'ni hṛuda'yě

hṛuda'yam mayē' | aham amṛutē^ | amṛutam bhrahma'ni |
indrō' mē balē^ śritah | balagum hṛuda'yē |
hṛuda'yam mayē' | aham amṛutē^ | amṛutam bhrahma'ni |
par-janyō' mē mūrdhniś śritah | mūrdhā hṛuda'yē |
hṛuda'yam mayē' | aham amṛutē^ | amṛutam bhrahma'ni |
ēśā'nō mē manyow śritah | manyur hṛuda'yē |
hṛuda'yam mayē' | aham amṛutē^ | amṛutam bhrahma'ni |
ātmā ma' āthma-ni' śritah | ātmā hṛuda'yē |
hṛuda'yam mayē' | aham amṛutē^ | amṛutam bhrahma'ni |

puna'r-ma ātma punar-āyur-āgāṭ |
puna'f prānaf punarā-kū'ta-māgāṭ |
vaiś-vānarō raśmi-bhi'r-vā vru-dhānah |
aṇ-tas ti's-tatva mṛuta'sya gōpāḥ ||

optional 2 lines from mahanyāsaṃ:

ārā-thitō manuś-yais-tvaṃ, siḍ-dhair dēvā surādi-bhiḥ |
ārādha-yāmi bhaktyā tvām, māṃ-grahāṇa mahēśvara ||

asya śri rudrā-dyāya praśna mahā maṇtrasya |
aghōra rishiḥ | anuśtup chaṇḍaḥ | saṅkar-śana mūrti
svarūpō yō (a)sā-vādityaf parama puruśaḥ sa ēśa rudrō
dēvatā | namaḥ śivā-yēti bhījam | śiva-tarā-yēti śaktiḥ |
mahā-dēvā-yēti kīla-kaṃ |
śrī sām̐ba sadā-śiva prasāda sidyartē japē vini-yōgaḥ |

ōṃ agni hotrāt-manē aṅguśtā-bhyām namaḥ |
darśa pūr̐na māsāt-manē tarjanī-bhyām namaḥ |
chātur māsyaāt-manē madhyamā-bhyām namaḥ |
niṛūda paśu baṇdhāt-manē anāmikā-bhyām namaḥ |

jyō-tiśtō-māt-manē kaniś-tikā-bhyāṃ namaḥ ।
sarva-krat-vāt-manē kara-tala-kara prustā-bhyāṃ namaḥ ।
agni hōtrāt-manē hṛuda-yāya namaḥ ।
darśa-pūrṇa-māsāt-manē śiraśē swāhā ।
chātur-mā-syāt-manē śikāyai vaśaṭ ।
nirūda-paśu-bandāt-manē kava-chāya huṃ ।
jyōtiśtō-māt-manē nētra tra-yāya vow-śaṭ ।
sarva-krat-vāt-manē astrāya faṭ ।
bhūr-bhuvas-suvarōṃ-iti digbandaḥ ।

dyānaṃ ।

ā-pā-tāla nabaḥ stalāṇṭa bhuvana
brahmānda māvi spuraṭ ।
jyōtis spātika liṅga mowli vilasat
pūrṇēṇdu vāntā mrutaiḥ ।
āstō kā-pluta mēka mīśa manīśam
rudrānu vākāṇ japan ।
dhyāyēt deep-sita śīḍhayē druva-padam
viprō (a)biśin-che chivaṃ ।

brahmānda-vyāpta-dēhā bhasita-hima-rucā
bāsa-mānā bhujaṇ-gaiḥ ।
kaṇṭē kālāḥ kapardā-kalita-sasi-kalās
chanda kō-daṇḍa hastāḥ ।
tṛ-yakśā rudrākśa-mālāḥ praka-tita-vibha-vāḥ,
sāmbhavā mūrṭi-bēdāḥ ।
rudrāḥ śrī rudra-sūkta praka-tita-vibhavā
naf praya-chaṇtu sowk-yaṃ ।

oṃ ḷ gaṇānā^n tvā gaṇapa'tigum havā-mahe
kaṇiṃ k'ayīnām u'pamasra' vastamaṃ ḷ
jyeṣṭa rājaṃ brahma'nām
brahmaspata ā na's śrṇvaṇ ūrtibhis' sīda sāda'naṃ ḷḷ
ōṃ śri mahā gaṇapatayē namaḥ ḷḷ

umā kōmala hastābhyā'm, saṃbhāvita lalātakam ḷ
hira'ṇya kuṇḍalam vandē', kumāram^ puśka ras-rajam ḷḷ
oṃ śri subramanya swamine namaḥ ḷḷ

śam ca' mē, maya's ca mē, priyam ca' mē,
(a)nu-kāmaś ca' mē, kāma's ca mē, sau-maṇa-saś ca' mē

bhadram ca' mē, śrēya's ca mē, vas-ya's ca mē,
yaśa's ca mē, bhaga's ca mē, dravi'ṇam ca mē

yan-tā ca' mē, dhar-tā ca' mē, kśhēma's ca mē,
dhr-ṭi's ca mē, viś-va'm ca mē, maha's ca mē

saṃ-vich ca' mē, gyā-tra'm ca mē
sūs ca' mē, praśūs ca' mē, sī-ra'm ca mē

layaś ca' ma ṛṭ-tam ca' mē
(a)ṛṭ-ṭa'm ca mē, (a)yakś-mam ca mē -
(a)nā'-maya-ch ca mē

jēvā-tu's ca mē, dhīr-ghāyu-tvam ca' mē (a)na-miṭram
ca mē, bha'yam ca mē, sugam ca' mē,
śaya'-nam ca mē, sū-sā ca' mē, sudhina'm ca mē ḷḷ
ōṃ śāntiḥ śāntiḥ śānti'h ḷ